



FRIDAY, MAY 28, 2021

Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!

TELEBRIEFING SCHEDULE UPDATE:

Our telebriefings will now take place every second and fourth Thursday of the month.

Make sure you join us Thursday, June 10th from 10-11 AM from another online forum and Q&A. To submit your questions in advance, [click here](#).

Special Thanks to our May 27th Telebriefing Guest:



Greta Hamilton

Director

County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions - [Click here](#)

Military and Veterans-Specific Frequently Asked Questions - [Click here](#)

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents - [Click here](#)

In Case You Missed It...



VA

U.S. Department of Veterans Affairs

The Veterans Affairs (VA) National Cemetery Administration honors Veterans and their eligible family members with final resting places in national shrines and with lasting tributes that commemorate their service and sacrifice to our Nation. As the model of excellence for burial and memorials for our Nation's Veterans and their families, NCA ensures that No Veteran Ever Dies. NCA provides several services, including: 1) Providing burial spaces for Veterans and their eligible family members; 2) Maintaining national cemeteries as national shrines, sacred to the honor and memory of those interred or memorialized there; 3) Marking Veterans' graves with a Government-furnished headstone, marker or medallion and to provide Presidential Memorial Certificates in recognition of their service to a grateful nation; and 4) Administering grants for establishing or expanding state and tribal government veterans cemeteries. Fort Rosecrans and Miramar National Cemeteries have announced new regulations regarding services during the COVID-19 pandemic. On June 14, 2021, public access to Administrative Buildings and Public Information Centers will resume, and external ceremony and event requests may be approved beginning in June. For more information about Fort Rosecrans National Cemetery, [click here](#). For more information about Miramar National Cemetery, [click here](#).

Resources and Links from the May 28th Telebriefing

[May 28th Newsletter PDF](#)

Guest Speaker Presentations:

[VA NCA's Presentation](#)

[VA NCA's Volunteer Flyer](#)

[Greta Hamilton's Biography](#)

County of San Diego Presentations:

[Reopening Updates](#)

[Vaccine Updates](#)

[COVID-19 Cases in San Diego County](#)

Upcoming Events:

[Courage to Call Food Distribution Flyer](#)

[Host a Vaccination Event Flyer](#)

[Our Health is Worth a Shot! Flyer](#)

[SDVC & VA COVID-19 Vaccine Clinic Flyer](#)

[North County Stand Down Flyer](#)

Events and Announcements

Courage to Call is hosting another drive-thru food distribution event at 10 a.m. on Saturday, June 12th at 9445 Farnham St., San Diego, 92123. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID.

The VA, SDVC, VFW, and STEP are partnering to provide free COVID-19 vaccinations to Veterans, Spouses, and Caregivers. Walk-in vaccinations will be available on Wednesday, June 9 from 9 a.m. - 3 p.m. Veterans, Spouses, and Caregivers not in the VA San Diego Healthcare system can register [here](#).

SDVC Monthly Meeting active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, June 4. For details, visit sdvetscoalition.org.

Wellness Wednesday is a virtual event hosted by Courage to Call to teach military members, veterans, and their families about wellness topics and helpful resources every Wednesday at 4:00 p.m. To participate in Wellness Wednesday, visit the [Courage to Call Facebook page](#) and join through Facebook Live.

North County Veterans Stand Down is a four-day event that enables

homeless veterans to receive much-needed services in a safe, friendly, drug-free and secure environment. It will be held on September 16-19, 2021. For details, visit NCStandDown.org.

More than Half of County Fully Vaccinated; County Adds More Mobile Events

More than half of all San Diegans 12 years old and older, 50.3%, have now been fully vaccinated, County officials announced as an important milestone.

In addition to surpassing the 50% fully-vaccinated mark for eligible county residents-- representing nearly 1.41 million San Diegans-- County officials said nearly two-thirds of those San Diegans 12 and older, 66.2%, have now had at least one shot.

Unlike the early days of the national vaccination effort, the region now has more supply of vaccine than there is demand. To help reach people who may have had difficulty getting to vaccination sites, County officials announced they plan to expand the number of mobile vaccination sites, with a list of new vaccination events stretching into late June at businesses, churches and religious centers, community and senior centers, and other locations.

To read the full County News Center story, [click here](#). To view a list of vaccination sites in San Diego County, [click here](#). To learn more about COVID-19 vaccination rates in San Diego County, [click here](#).

Our Health is Worth a Shot! Youth Video & Visual Art Vaccine Challenge



The County announced that they have created a new video and visual art challenge with prizes for youths between the ages of 12-to-24 years old to raise awareness about the importance of COVID-19 vaccinations. Submissions are

open now until June 14th, 2021.

Youths in three age groups can win prizes for submitting videos and personal artwork about COVID-19 vaccinations in three different categories. These include short videos about why getting vaccinated is important to them personally or what they're most excited about getting back to after being fully vaccinated, or visual art pieces highlighting facts about COVID-19 vaccinations.

The *Our Health is Worth a Shot!* challenge offers prizes to youths in each of the three age categories and one grand prize winner, including gift cards and opportunities to have their videos or visual art pieces shared through County social media communication outlets. For more information, please visit Coronavirus-SD.com/Challenge.

Request to Host a Vaccination Event

The County of San Diego is increasing access to COVID-19 vaccines by working with partners and stakeholders to host vaccination events. We encourage organizations that have the space to host a vaccination event to submit a request form [here](#).

County staff or a partner organization will review the information submitted and respond within 5 business days. For questions, please reach out to CovidVaxInquiry.HHSA@sdcounty.ca.gov. Please note, we will do our best to accommodate preferences but we cannot guarantee that all preferences will be met or all requested events confirmed.

Live Well San Diego Trails Challenge Continues Through May!

The *Live Well San Diego Trails Challenge* is a NEW signature event in collaboration with County Parks. It is designed to encourage residents of San Diego County to safely explore the county's park and nature preserves. Getting outside and being active can have so many benefits for your mental and physical health!

County Parks will be hosting a series of 5 hikes led by a park ranger every Saturday in May to help you get outside and get moving! Each hike will

increase in difficulty to get you prepared for the final hike-- the Warrior Hike Challenge on Saturday, May 28th. This hike is up to 12 miles out and back and will have 2 "celebration stations" along the way with goodies and healthy snacks to help cheer you on! To learn how to participate in the *Live Well San Diego Trail Challenge*, [click here](#).

Early Treatment for COVID-19 is Available at the Monoclonal Antibody Regional Center (MARC)!

Monoclonal antibody treatment is available for persons with mild or moderate COVID-19 whose symptoms developed within the last 10 days and are at high risk of getting very sick from COVID-19. It is recommended to receive the potentially lifesaving treatment within 72 hours of when COVID-19 symptoms begin. The Monoclonal Antibody Regional Centers (MARC) in Escondido and Chula Vista are open 7 days a week to treat all persons for free who are medically eligible, regardless of health insurance or immigration status. **If you think you qualify, please call (619) 685-2500 to schedule an appointment or with any questions. You are also encouraged to talk to your doctor** to see if you are medically eligible for this treatment and to receive a referral. For more information about monoclonal antibody treatments and MARC, [click here](#). If you have any questions or concerns, please e-mail COVIDtreatment@sdcounty.ca.gov.

Safe Transportation Practices During COVID-19

Taking extra precautions when making necessary trips can help protect your health and the health of others. The "Safe Transportation Practices During COVID-19" video provides best practices when using public transportation, ride share services, and other transportation alternatives. To learn how to safely utilize transportation services during COVID-19, [click here](#).

County of San Diego 2021 Emergency Rental Assistance Program

San Diego County residents financially impacted by COVID-19 who need help paying their rent and utilities may qualify for assistance.

Applications for the County of San Diego's Emergency Rental Assistance

program (ERAP) 2021 serves all areas of the San Diego region except for the cities of San Diego and Chula Vista. The application will be open until all available funding has been used.

The application is available in six different languages (English, Spanish, Arabic, Vietnamese, Tagalog, and Mandarin) on the website. If someone does not have internet or needs help, they can call 858-694-4801 and a county representative can assist with questions and/or take the application over the phone.

If you are a resident of the cities of San Diego and Chula Vista, or if you are not sure which program serves your area, [click here](#) for more information. For veteran-specific rental assistance, [click here](#).

Mental Health Resources

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit www.courage2call.org, or call 1-877-698-7838, or 2-1-1.

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available here for your use.

If you work or reside at a skilled nursing or long-term care facility and have not yet been contacted to schedule your COVID-19 vaccine appointment, please send an e-mail to COVID-HealthcareStatus@sdcounty.ca.gov.

Continue to Stay Informed



[County Coronavirus Website](#)



[Resources and Materials](#)



[Resources for Military, Veteran's,
and their Families](#)



[Testing Information](#)



In partnership with the San Diego Veteran's Coalition



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